



Sexual Health Education Grade 6-8

Sexual Health Education Curriculum Grade 6-8

The following lessons have been created to meet the sexual health education needs of students in grades 6-8.

Alignment with National Standards

Chicago Public Schools (CPS) and the Office of Student Health and Wellness (OSHW) have created this lesson sequence to align with the National Sexuality Education Standards (NSES) that were developed by the Future of Sex Education (FoSE). Lessons address standards in the topic areas of: anatomy and physiology, identity, pregnancy and reproduction, healthy relationships, and personal safety. The NSES provides a framework to address the essential minimum requirements for comprehensive sexual health education. By addressing each of these standards within the context of the following lessons, CPS ensures that key components of student's health and development are addressed.

Standards met within the context of individual lessons are listed at the top of each lesson plan. Further tracking by standards can be found within the *NSES Tracking by Grade Level* tool.

Meeting CPS Policy

In compliance with CPS Sexual Health Education Policy, the lesson sequence for grades 6-8 are; developmentally appropriate, support improved health outcomes for all students, focus on health promotion and risk reduction, are medically and scientifically accurate, holistic in approach, and consistent with state laws.

Through the use of essential classroom based lessons and activities, extended activities, and recommended resources, the lessons in this section succeed in meeting the minimum 675 minutes required for grades 6-8.

The Activities section of lesson plans for grades 6-8 cover key concepts required to meet the national standards listed at the top of each lesson plan. The accumulation of these activities may **not** meet the total minutes required per grade per year. Extension Activities outlined at the end of some lesson plans build upon key concepts through group work, individual projects, group reading, and take-home activities that engage parents / guardians in the learning process. **All Extension Activities are optional** however some may be needed to fulfill minute requirements. Educators should use the *Minutes Tracking by Grade and Topic Area* tool to assess whether the extension activities are needed to meet minimum teaching minute requirements.

Materials

Materials required for the completion of grades 6-8 lessons include videos. Videos are available on Safari Montage or checkout from the Office of Student Health and Wellness by contacting SexualHealthEd@cps.edu.



Sexual Health Education Grade 6-8

All other materials are listed in the Materials section of each lesson. Reproducibles and PowerPoints are provided. Occasionally materials are listed that must be gathered in advance by the teacher.

Internet Safety Policy Alignment

Common Sense Media is the adopted CPS curricula supported by the Office of Education Tools and Technology and fulfills CPS Policy 12-0627-PO2 and the Child Internet Protection Act. Common Sense Media lessons build on key concepts conveyed in the Sexual Health Education curriculum. Common Sense Media topics reinforce NSES and aid instructors in meeting the required teaching minutes outlined in the CPS Sexual Health Education Policy.

Prior to beginning the unit, educators should register for FREE access to Common Sense Media Curriculum at www.common sense media.org. The full scope and sequence of the curriculum can be found under the Digital Citizenship link under the Educators dropdown menu on Common Sense Media's homepage. Educators are encouraged to review the site and make use of additional teaching tools to fulfill CPS Policy 12-0627-PO2 and augment sexual health education.

Lesson Sequencing

It is recommended that lessons be implemented progressively by unit and grade as outlined below. However, based on the pre-assessment and educator's assessment of baseline student knowledge on key topics and subjects, lessons from previous or subsequent lessons may be used to augment the recommended unit. **All grade levels and lessons are available to all teachers for use.** Specifically, an optional Human Anatomy and Reproduction Lesson is provided for grades 7 and 8 as a review of grade 6 Sexual Health topics.

Units and Lessons

The following lessons comprise grades 6-8 Sexual Health Education curriculum:

6th Grade

Lesson 1: Human Anatomy and Reproduction- Students describe male and female sexual and reproductive systems, including body parts and their functions. Students will define sexual intercourse and its relationship to human reproduction.

Lesson 2: Pregnancy and Birth- Students identify signs and symptoms of pregnancy and learn prenatal practices that contribute to a healthy pregnancy.

Lesson 3: Exploring Abstinence- Students identify abstinence as the only 100% effective method of protecting against unplanned pregnancy and sexually transmitted infections. Students develop and communicate a plan for practicing abstinence.

Lesson 4: Contraceptives- Students learn the benefits, risks, and effectiveness rates of various types of contraceptive methods, including abstinence, condoms, hormonal methods, and emergency contraceptives.

Sexual Health Education

Grade 6-8

Lesson 5: STIs and HIV Prevention- Students learn medically-accurate information about sexually transmitted infections and HIV. Students develop a plan for reducing their risk for sexually transmitted infections and HIV.

Lesson 6: Decision Making- Students apply a decision making model to adolescent and sexual health scenarios.

Lesson 7: Delay Tactics and Refusal Skills- Students practice communicating effectively about their sexual health decisions.

Lesson 8: Sexual Health Resources- Students identify medically-accurate sources of information about sexual health, STIs, and HIV.

7th Grade

Grade 6 Lesson 1: Human Reproduction-(Optional- This lesson can be taught as an optional lesson in Grade 7. First, administer the Grade 7 pre-test and determine if students require instruction and/or review of Human Anatomy and Reproduction. If necessary teach this lesson and then return to Grade 7 lesson sequence.) Students describe male and female sexual and reproductive systems, including body parts and their functions. Students will define sexual intercourse and its relationship to human reproduction.

Lesson 1: Adolescent Development- Students describe the physical, social, cognitive, and emotional changes of adolescence.

Lesson 2: Self-esteem and Body Image- Students analyze how friends, family, media, and culture can influence self-esteem and body image.

Lesson 3: Decision Making- Students apply a decision making model to some of the tough decisions of adolescence.

Lesson 4: Relationships I Keeping it Healthy- Students discuss characteristics of healthy and unhealthy relationships and apply the criteria for healthy relationships various scenarios.

Lesson 5: Relationships II Influences-Students analyze the ways friends, family, media, society, and culture can influence relationships.

Lesson 6: Relationships III Communication- Students learn and apply techniques for communicating assertively and respectfully to express what they do and do not want in relationships. Students practice saying “no” in aggressive situations.

Lesson 7: Navigating Technology and Relationships- Students discuss the role of technology in relationships and develop a plan for remaining safe while using technology and social media.

Lesson 8: Identity I-Gender Expression and Sexual Orientation Students differentiate between gender identity, gender expression, and sexual orientation, and explore external influences that impact one’s attitude about gender expression and sexual orientation.

Lesson 9: Identity II-Respecting Differences Students learn to communicate respectfully with and about people of all gender expressions and sexual orientations. Students will develop a plan to promote dignity and respect for all people.

Sexual Health Education Grade 6-8

8th Grade (New and Required)

Grade 6 Lesson 1: Human Reproduction (Optional This lesson can be taught as an optional lesson in Grade 8. First, administer the Grade 8 pre-test and determine if students require instruction and/or review of Human Anatomy and Reproduction. If necessary teach this lesson and then return to Grade 8 lesson sequence.) Students describe male and female sexual and reproductive systems, including body parts and their functions. Students will define sexual intercourse and its relationship to human reproduction.

Lesson 1: (Cyber)Bullying -Students describe situations that constitute real life bullying and cyberbullying. Students discuss the impacts of bullying and create a plan for communicating respectfully with everyone.

Lesson 2: Teen Dating Violence-Students define dating violence, identify phases of the cycle of violence, and learn how to advocate for safer environments.

Lesson 3: Sexual Violence-Students define consent in relationship to sexual violence.

After teaching Lessons 1-3, educators for grade 8 have two different options for completing sexual health education using the Relationship Building Track or the STI and Pregnancy Prevention Track. Both tracks provide a review of key concepts from the 6th and 7th grade lesson sequence through use of selected lessons. Educators should evaluate students using the pre-test, as well as knowledge about the students proficiency in these topic areas and cultural and community influences. Completing either track will meet the minute requirements outlined in CPS policy.

Choose one of the following tracks:

8th Grade Relationship Building Track

Lesson 4: Decision Making- Students apply a decision making model to some of the tough decisions of adolescence.

Lesson 5: Relationships I Keeping it Healthy - Students discuss characteristics of healthy and unhealthy relationships and apply the criteria for healthy relationships various scenarios.

Lesson 6: Relationships II Influences- Students analyze the ways friends, family, media, society, and culture can influence relationships.

Lesson 7: Relationships III Communication- Students learn and apply techniques for communicating assertively and respectfully to express what they do and do not want in relationships. Students practice saying “no” in aggressive situations.

Lesson 8: Gender Expression and Sexual Orientation- Students differentiate between gender identity, gender expression, and sexual orientation, and explore external influences that impact one’s attitude about gender expression and sexual orientation.

8th Grade STI and Pregnancy Prevention Track

Lesson 4: Pregnancy and Birth – Students identify signs and symptoms of pregnancy and learn prenatal practices that contribute to a healthy pregnancy.



Sexual Health Education Grade 6-8

Lesson 5: Exploring Abstinence- Students identify abstinence as the only 100% effective method of protecting against unplanned pregnancy and sexually transmitted infections. Students develop and communicate a plan for practicing abstinence.

Lesson 6: Contraceptives- Students learn the benefits, risks, and effectiveness rates of various types of contraceptive methods, including abstinence, condoms, hormonal methods, and emergency contraceptives.

Lesson 7: STI and HIV Prevention- Students will learn medically-accurate information about sexually transmitted infections and HIV. Students will develop a plan for reducing their risk for sexually transmitted infections and HIV.

Lesson 8: Sexual Health Resources- Students identify medically-accurate sources of information about sexual health, STIs, and HIV.

Lesson 9: Delay Tactics and Refusal Skills- Students apply a decision making model to adolescent and sexual health scenarios.

Evaluation

Students in grades 6-8 are evaluated based on their understanding of key concepts, vocabulary, and facts from the lessons. Each lesson provides points of evaluation for educators to consider. A pre-test and post-test are provided to give a quantitative evaluation of student knowledge before and after sexual education. The pre-test and post-test can be administered by handing out copies of the assessment or by projecting the assessment for completion in the student's Sexual Health Portfolio or student journal.

A *Table of Contents* activity is presented at the beginning of each grade level unit. This activity allows students to reflect and record key points learned in each lesson. The activity also asks students to set goals that reflect each topic area. Goal setting provides students the opportunity to apply topics to their own life and create a plan to act out healthy sexual decisions. Students are asked to complete the *Table of Contents* as a part of their *Sexual Health Portfolio*. Both the *Table of Contents* and *Sexual Health Portfolio* are explained in greater detail in Lesson 1 of each grade level.

Lessons Written By:

Jessica Dalton, MSN, RN

Grade 7 Relationships I, II, & III lessons written by:

Michael Bourne (College of Dupage – Human Services)

Jessica Dalton, MSN, RN

Grade 8 Dating Violence and Sexual Violence lessons written with contributions from:

Rape Victim Advocates